



# Lac Sinclair Association Newsletter

Spring 2020

## In this edition:

- **President's message**
- **Water testing**
- **Fire**
- **Winter incidents**
- **Crime stats**
- **Loons**
- **Muskrats**
- **And more!**

## Message from the President

Here we are once again with a new season ahead of us ... Let's try to forget the spring that we have all gone through and let's try to start off this summer of 2020 in a positive way... once current restrictions on travel have been lifted allowing visits to cottage properties. Our Annual General Meeting mentioned below may have to be cancelled, and the Fishing Tournament may also have to be cancelled for this year.

The association once again hopes to count on your support for the year 2020. Please encourage your friends, family members and neighbors to support the Association through the annual fee of \$ 25 per year. There are approximately 272 properties around the lake and 135 residents responded to our call in 2019 which represents 50%; a very nice increase. Your membership will help us greatly in supporting our goals and ongoing projects:

- ✓ The purchase of 10 more buoys
- ✓ On-going efforts to maintain an acceptable water level in Lac Sinclair
- ✓ Water analysis: e-coli, phosphorus, chlorophyll and clarity of water
- ✓ Installation and removal of buoys including the maintenance
- ✓ Spring and Fall editions of our newsletter
- ✓ Organization of various activities
- ✓ Boat wash station

Just to name a few...

(cont'd from page 1)

Your association is also a member of the [Gatineau Valley Water Protection Group](#), which has the following priorities:

- Support local lake associations and other groups engaged in the work of protecting water resources
- Ensure consultation and collaboration among these groups
- Raise awareness of waterfront property owners and water users
- Collect and share information
- Promote the rehabilitation of shorelines
- Ensure follow-up of water related projects
- Encourage and inspire participation by citizens to protect water



Your Executive Committee whom I want to thank very much for their hard work and dedication, and their contact information:

- Jocelyne Alain – President, [jocelyne2855@gmail.com](mailto:jocelyne2855@gmail.com), cottage 819-456-3589
- David Hallman – Past President, [david\\_k\\_hallman@hotmail.com](mailto:david_k_hallman@hotmail.com), home 613 747-7494 cottage 819 456-4474
- Mark Farrell – Vice President and Director, Environment, [mfarrell@inspiredevelopments.ca](mailto:mfarrell@inspiredevelopments.ca), cottage 819-456-1041
- Chantal Vaillancourt Scott – Secretary, [chantalvs@rogers.com](mailto:chantalvs@rogers.com)
- Colin Chesterman – Treasurer, [Chestecc@sympatico.ca](mailto:Chestecc@sympatico.ca), cottage 819 456-2939
- Megan Farrell – Director, Water Testing, Social & Special Events, [megan\\_gallagherfarrell@yahoo.ca](mailto:megan_gallagherfarrell@yahoo.ca)
- (Vacant) – Director, Advertising
- Luc Vezina – Director, Web Site, [luc.vezina@gmail.com](mailto:luc.vezina@gmail.com)
- (Vacant) - Director, Special projects

I particularly want to thank our volunteers who carry out these recurring responsibilities year after year:

- Yvon Prigent and Louise Bellefeuille-Prigent – Membership Secretary
- Brian Le Conte – Fishing Tournament Organizer

- Roger and Joanne Smith – First Aid Resource
- Roger Smith – Financial Report Reviewer
- Chantal Vaillancourt Scott – Water Level Measurement
- Kevin Scott – Water Clarity Measurement

Please note on your calendar Saturday, **September 12**, the rescheduled date of the 2020 Annual General Meeting (**to be confirmed**) to be held at the Ste-Sophie d'Aldfield Community Center starting at **10:00 am**. **I invite you all, members and non-members**, since we require quorum to pass motions and confirm members of the executive. Once again, we are counting on the presence of our councilors from both municipalities to bring us up-to-date on new / upcoming changes.

Our Fishing tournament is scheduled for Sunday, **August 2nd**.

Information will also be communicated to you by email, on our website [www.lacsinclair.ca](http://www.lacsinclair.ca), our Facebook page and on our bulletin board at the corner of Chemin Cléo Fournier and Chemin Bernier / Chemin du Lac Sinclair.

The Association wishes to thank the Municipality of La Pêche for its annual grant, and for a grant for our activities; this financial support is much appreciated. We also wish to thank the Ste Sophie d'Aldfield Community Center for their much-appreciated cooperation and assistance with the Boat Washing Station as well as the rental of their room for hosting our AGM.

On behalf of the Association, we wish you as great a summer as possible and hope to meet you at Lake Sinclair.

Jocelyne Alain



## **Lake water related matters: Water testing, clarity, depth and boat washing.**

### **Water testing**

We will be testing for E. coli readings twice this season as per usual but at 30 predetermined sites around the lake. We've decided to add an additional 5 sample sites (for

a total of 30 sites) this year to better cover the entire shoreline of the lake. The spring sampling will be done on June 14<sup>th</sup>, and again in late August. E. coli is measured to gauge the cleanliness of the water for swimming purposes.

### **Safety buoys**

An additional six safety buoys have been purchased this spring and have been installed. With the 10 purchased in 2018, we will have replaced 16 of the 20 buoys on the lake. The final four will be replaced next year as our budget allows because the cost of each buoy almost doubled.

**REMINDER:** Boaters must stay at least 30 meters away from the buoys; the large wakes from some boats are moving the buoys or causing them to detach.

### **Water levels**

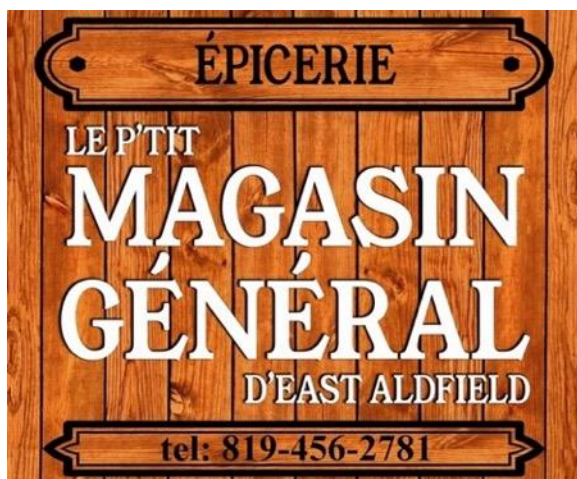
The water level is measured weekly (thanks to the efforts of Kevin Scott and Chantal Vaillancourt). These readings will be reported as usual in our fall newsletter.

### **Boat washing reminder**

The boat washing station will be up and running again this year next to the Community Centre in East Aldfield across the street from the Ptit magasin général. It is very important that all boats, trailers and other vessels that have been exposed to other bodies of water (other than Lake Sinclair) are thoroughly washed prior to being put back into the lake. Foreign invasive species are very prevalent in surrounding lakes and rivers and are easily transported to other bodies of water causing irreparable harm in many cases. There is no charge for using the boat wash and it only takes a few minutes to do. Be sure to pass this info on to your guests who may bring a boat or other water vessel with them when visiting.

### **New boat washing signs**

Please take note that we have 4 new boat washing signs: 2 going west towards Lac Sinclair and 2 going east. The association wishes to thank Sarah, daughter of our past president David Hallman, for the creation and the delivery of the final product.



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### Fire at Lac Sinclair

On May 19, 2020 at approx. 5:00 a.m. there was a fairly substantial forest/bush fire some distance away from the shore on east side of the lake. A resident called 911 at 5:05 and heard the first sirens from the trucks at 5:41. Apparently crews from the municipalities of Low, La Pêche and Mont St Marie responded. No structures were damaged and the fire was contained.

Apparently, a water bomber was dispatched later that day as a precaution. The site was not particularly close to any cottages or roads so perhaps a tree hitting a hydro line and causing a spark? Indeed, the cause was beavers who had knocked a tree onto power lines.

During Victoria Day weekend, there was a fire ban in place and yet many people around the lake had camp fires burning. The Association would therefore like to remind everyone to respect and obey fire bans especially in very dry weather like this spring, and to report any hydro lines that seem vulnerable.





## Crime Statistics

### MRC des Collines

- 1 theft: chemin Cléo Fournier
- 1 breaking and entering: chemin Cléo Fournier
- 1 theft: chemin du Docteur
- 1 theft: chemin du Lac Sinclair

Courtesy of Martin Fournel, Sergeant in charge of Prevention Section, Community and Public Relations Public Security – MRC des Collines-de-l’Outaouais

### Municipality of Low

	2013	2014	2015	2016	2017	2018	2019
Criminal Fires	2	1	1	0	2	1	1
Breaking and entering		13	7	7	10	9	2
Simple thefts (ex: rowboat)	8	6	6	4	4	5	4
Vehicle thefts	2	4	3	2	2	3	5
Fraud	0	1	1	2	0	0	0
Mischief (eg: damage)	0	4	5	3	0	5	0
<b>TOTAL</b>	<b>12</b>	<b>29</b>	<b>23</b>	<b>18</b>	<b>18</b>	<b>23</b>	<b>12</b>

Courtesy of Pascal Rochon, SQ Vallée de la Gatineau

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## Cell phones and Internet update from Guillaume Lamoureux, Mayor of La Pêche

In the summer of 2019, the municipal council adopted the first strategic plan of the municipality of La Pêche (<http://villepêche.qc.ca/en/municipality/2019-2023-strategic-plan/>). The 2019-2023 Strategic Plan recognizes internet and cellular connectivity as one of the major issues that the council must consider in its management of local municipal affairs. To this end, Objective 5 of the 2019-2023 Strategic Plan is to *Contribute to the development of internet and cellular connectivity by the mobilization of our partners in order to meet the security needs of our municipality, communication of citizens as well as economic development.*



Several actions have been taken towards this objective. In December 2018, the municipality began working with a volunteer citizen of La Pêche expert in telecommunications. The consultant worked on the production of a page on the municipality's website entirely dedicated to internet and cellular connectivity (<http://villepêche.qc.ca/en/municipal-life/projects/internet-and-cellular-connectivity/>). On this page, there is a link to a document entitled High Speed Internet Update which summarizes the strategy deployed to improve connectivity and the main results obtained so far (<http://villepêche.qc.ca/downloads/Conseil%20municipal/2020-02-03-update-IHV-en.pdf>). The Update includes interactive maps of internet coverage which show the different internet services available and allow the municipality to determine exactly which areas are underserved. The maps were produced in 2019 in coordination with the geomatics department of the MRC des Collines and the internet service providers (ISPs) active in La Pêche territory.

**Émondage et abattage E.P.**

- Émondage et abattage d'arbres
- Déboisement de terrain
- Bois de chauffage

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Other results include the acquisition of excess optical fibre belonging to the Commission scolaire des Portages de l'Outaouais (CSPO). The fibres to be acquired soon will create a fibre optic corridor from the old Ste-Thérèse primary school in Lac-des-Loups, crossing Ste-Cécile-de-Masham and Wakefield to join the old St- Joseph in Farrellton. ISPs will then be able to connect to this corridor to offer internet services to citizens and businesses of La Pêche.

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The consultant's work also led to the filing of two ISP funding applications in the Provincial Regions Connected program and three in the federal CRTC Broadband Fund program. These funding requests have all been formally supported by city council (resolutions 19-406, 20-14, 20-4-107, and resolution adopted April 6, forthcoming). If these requests are approved, the ISPs will obtain financial support from the provincial and / or federal governments to extend their high-speed internet network to areas of the municipality that are still not well served. For the moment, the requests which have been submitted to us for support have the objective of improving the high-speed internet network, but we are confident that the telecommunications companies will eventually also apply to federal programs which offer funding to improve the cellular telephone network. We also started this discussion with Bell and supported Cogeco's brief submitted to the CRTC, which aims to foster competition and facilitate access of emerging companies to the cellular networks of large companies.

Guillaume Lamoureux  
 Mayor



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## Winter Time Incidents

We have all observed that the shoreline and shallow water will freeze earlier and quicker at the beginning of the winter however, the shoreline will also thaw out first before the rest of the lake.

Last winter, I noticed many skidoos venturing out on the lake very early in the year; too early in my opinion. I was also aware of some type of motorized vehicle driving very close to the shoreline where there are many springs flowing into the lake. The vehicle did sink and it took a kind resident approximately 3 hours to get the vehicle out of the water. This said, it is very important, especially come February, that you keep a distance of 30 meters from the shoreline; same as in the summer time.





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Have you noticed that there are many hollow spots on the lake? These spots indicate warmer water (less dense) rising up to the surface; I had one foot completely submerged in slushy water because I did not notice that particular hollow spot...I was sightseeing while snowshoeing. Do watch for those hollow spots...

### **Update on Loons**

Back in the Fall 2017 Newsletter, we wrote a small article regarding “Loons being poisoned to death because they ingest fishing tackle made of lead. They take in lead in a number of ways. They mistake some of the lead tackle for pebbles, which they scour from lake bottoms to use as surrogate teeth in their gizzard. They also ingest lead by eating fish that are trailing broken fishing lines and tackle and they strike at lead tackle in the water, believing it to be food.”

On April 8, 2020, an article appeared in the Ottawa Citizen looking with optimism at the future of our much-loved loons – here are a few extracts along with the link to the article:

[http://epaper.ottawacitizen.com/@David\\_Hallman/csb\\_J9qsiWxNIAs60-\\_Ru9Ipsv1QYprOxoOdxAC-qG97y7BIXJ9Tfwjp4SSKtVGUr9ow](http://epaper.ottawacitizen.com/@David_Hallman/csb_J9qsiWxNIAs60-_Ru9Ipsv1QYprOxoOdxAC-qG97y7BIXJ9Tfwjp4SSKtVGUr9ow)

“For years one of North America’s best known loon experts has been reaching the grim conclusion that loon numbers are declining across his study area, a large chunk of Wisconsin that is very similar to our own region.”

“The picture of loon breeding in other parts of the U.S. is quite a bit rosier than in northern Wisconsin. While not all of the data are reliable, there seems no question that loons are thriving in Maine, New Hampshire, Vermont and Massachusetts, having experienced double-digit increases in adult populations in the past decade.”



“Loons always return to the region where they were born and even to a lake that is similar in size and water chemistry (such as acidity) to their “natal” lake.

“Ontario and Quebec together have around 350,000 loons: more than half of the 611,000 to 638,000 loons in North America, the latest census from Birds of North America says.”

**Conclusion:** Your Association wishes to encourage all fishermen to continue not using lead sinkers or lead components in their fishing tackle in order to contribute to saving our precious loons. We now have 2 pair of loons who arrived in Bay Simon in mid-April.



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## The Muskrat

Here is some information on the muskrat which is very present in our lake more specifically in the bays where the water is shallower and where it can feed on aquatic algae. This information is taken from the Canadian Wildlife Federation website:

<https://www.hww.ca/en/wildlife/mammals/muskrat.html>



“This animal

- is basically a large field mouse that has adapted to life in and around water
- has large hind feet that act like paddles during swimming

- can find its food during the winter under a metre of ice and snow, in ice-cold water and almost total darkness—a truly a remarkable feat
- has specially evolved teeth that protrude ahead of the cheeks and lips that can close behind them, permitting it to chew on stems and roots under water "with its mouth closed"

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The muskrat's name is derived from the fact that the animal has two special musk glands—also called anal glands—situated beneath the skin in the region of the anus. These glands enlarge during the breeding season and produce a yellowish, musky-smelling substance that is deposited at stations along travel routes used by muskrats. Common sites of deposition are "toilets," bases of lodges, and conspicuous points of land. The biology of musk glands has not been studied extensively, but the odour produced is believed to be a means of communication among muskrats, particularly during the breeding season.



Robert

Bussière



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Muskrats typically live in freshwater marshes, marshy areas of lakes, and slow-moving streams. The water must be deep enough so that it will not freeze to the bottom during the winter, but shallow enough to permit growth of aquatic vegetation—ideally between 1 and 2 m. Areas with good growths of bulrushes, cattails, pondweeds, or sedges are preferred. Of all plants available in marshes, cattails are most preferred as a food item.

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With the shortening of days and the coming of colder weather in September, preparations for winter begin. The fall is spent building and reinforcing lodges for winter occupancy, and, in some regions, storing food for winter use. Lodge building behaviour is an extremely important aspect of the ecology of muskrats. The lodge permits them to live in areas surrounded by water, far away from dry land. It protects them from enemies and gives them shelter from the weather.

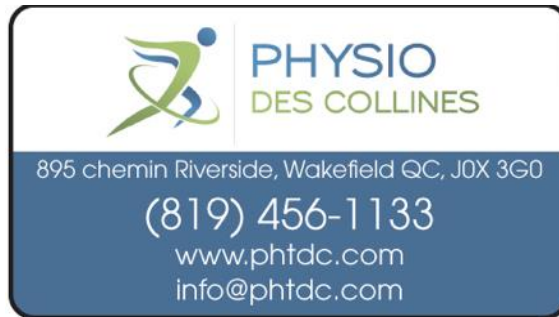
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### **Unique characteristics**

The muskrat, together with the beaver and several other mammals, is capable of remaining submerged up to 15 minutes if in a relaxed state. The muskrat is able to partially overcome this problem by reducing its heart rate and relaxing its muscles when submerged; this reduces the rate at which oxygen is used. Also, it stores a supply of oxygen in its muscles for use during a dive. This ability for extended dives is important in escaping enemies, digging channels and burrows, cutting submerged stems and roots, and travelling long distances under the ice.



## Conclusion

The future of the muskrat in Canada is bright. In spite of heavy trapping pressure, the draining of marshes for agricultural purposes, and unprecedented industrial activity, the species has never been endangered in Canada. Indeed, population numbers today are probably almost as high as they were a thousand years ago.”

## Lac Sinclair Association Online

<http://lacsinclair.ca>  
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Mailing Address: \_\_\_\_\_

Language Preference: English \_\_\_ Français \_\_\_

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*If yes, please add the Association Lac Sinclair name in your contact list with the following Email address: [lacsinclairinfo@aol.com](mailto:lacsinclairinfo@aol.com)*

Email address: \_\_\_\_\_

Comments: (How can the Association help you?)

\_\_\_\_\_  
\_\_\_\_\_

In what way might you be interested in assisting the Association as a volunteer? What type of activity would interest you? (Executive, Environment, Social activities, etc)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Neighbourhood Watch Program at Lake Sinclair – 2020 - La Pêche**  
Service de la Sécurité Publique  
MRC des Collines



To participate in the program  
if already a member, fill in only name and address.  
if a new member, complete entirely the registration form.

Already member: \_\_\_\_\_ New member: \_\_\_\_\_

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Address at lake  
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**Neighbourhood Watch Program at Lake Sinclair – 2020 -  
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